

Health Care Options/Family Resource Center Orientation Schedules

Centre City Family Resource Center -1255 Imperial Ave., San Diego, CA 92101

Day	7:30am	9:00am	10:30am	12:30pm	2:00pm					
Monday	English	Spanish	Spanish	English	Spanish					
Tuesday	English	Spanish	Spanish	English	Spanish					
Wednesday	English	Spanish	Spanish	English	Spanish					
Thursday	English	Spanish	Spanish	English	Spanish					
Friday	English	Spanish	Spanish	English	Spanish					

El Cajon Family Resource Center -220 South First Street, El Cajon, CA 92019

Day	7:30am	9:15am	10:30am	1:00pm	2:15pm					
Monday	English	*English		Spanish	*English					
Tuesday	English	*English	By	Spanish	*English					
Wednesday	English	*English	Appointment	Spanish	*English					
Thursday	English	*English	Only	Spanish	*English					
Friday	English	*English		Spanish	*English					

** Please note that children are allowed into the 9:15am and 2:15pm Orientations only. Thank you.*

Lemon Grove Family Resource Center -7065 Broadway, Lemon Grove, CA 91945

Day	7:30am	9:30am	11:00am	1:00am	2:15pm					
Monday	English	English	English	English	Spanish					
Tuesday	English	English	English	English	English					
Wednesday	English	English	Spanish	English	*XXXXX					
Thursday	English	English	English	English	English					
Friday	Spanish	English	English	English	English					

** Please Note effective 3/1/2011 there will no longer be English Orientation Wednesdays at 2:15pm*

North Central Family Resource Center- 5055 Ruffin Road, San Diego, CA 92123

Day	7:30am	9:30am	11:00am	12:30pm	1:30pm	2:30pm				
Monday	English	English	Spanish	English	Vietnamese					
Tuesday	English		English	English	Vietnamese	English				
Wednesday	English	Vietnamese	Spanish	English	English					
Thursday	English		Spanish	English	Vietnamese	English				
Friday	English	Vietnamese	English	English	English					

** Please Note significant changes to the schedule effective 10/31/11.*

North Coastal Family Resource Center - 1315 Union Plaza Ct., Oceanside, CA 92054

Day	7:30am	9:00am	10:30am	1:00pm	2:15pm					
Monday	Spanish	English	English	Spanish	English					
Tuesday	Spanish	English	English	Spanish	English					
Wednesday	Spanish	English	English	Spanish	English					
Thursday	Spanish	English	English	Spanish	English					
Friday	Spanish	English	English	Spanish	English					

Northeast Family Resource Center - 7290 El Cajon Blvd., San Diego, CA 92115

Day	8:30am	9:45am	11:00am	1:30pm	3:15pm					
Monday	English	*Spanish	English	Spanish	English					
Tuesday	English	Spanish	English	Spanish	English					
Wednesday	English	Spanish	English	Spanish	English					
Thursday	English	Spanish	English	Spanish	English					
Friday	English	Spanish	English	Spanish	English					

**Note: 1st Monday monthly is a Vietnamese Orientation-Orientations are conducted across the street at the NE Annex 7290 El Cajon Blvd.*

North Inland Family Resource CenterValley Parkway - 620 East Valley Parkway, Escondido, CA 92025

Day	7:30am	9:00am	10:15am	12:45pm	2:00pm					
Monday	English	Spanish	English	Spanish	English					
Tuesday	English	Spanish	English	Spanish	English					
Wednesday	English	Spanish	English	Spanish	English					
Thursday	English	Spanish	English	Spanish	English					
Friday	English	Spanish	English	Spanish	English					

Southeast Family Resource Center - 4588 Market St., San Diego, CA 92101

Day	7:30am	9:00am	10:15am	12:15pm	1:30pm					
Monday	English	Spanish	English	Spanish	English					
Tuesday	English	Spanish	English	Spanish	English					
Wednesday	English	Spanish	English	Spanish	English					
Thursday	English	Spanish	English	Spanish	English					
Friday	English	Spanish	English	Spanish	English					

South RegionFamily Resource Center - 690 Oxford Street, Chula Vista, CA 91911

Day	8:30am	9:45am	11:00am	1:30pm	2:45pm					
Monday	English	Spanish	English	Spanish	English					
Tuesday	English	Spanish	English	Spanish	English					
Wednesday	English	Spanish	English	Spanish	English					
Thursday	English	Spanish	English	Spanish	English					
Friday	English	Spanish	English	Spanish	English					

** Please Note starting 11/1/11 Tuesday now has English Orientation at 8:30am.*